

The listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1. (Currently Amended) A method to retard, prevent and reverse the sign of skin photo-damage, comprising perorally administering, to a human subject in need thereof, a therapeutically effective dose of a formulation comprising an extract of *Emblica officinalis* as the active ingredient, said extract being a standardized extract of components including in % by weight about 20-35 % of Emblicanin A, about 10-20 % of Emblicanin B, about 15-30 % of Pendunculagin, about 3-12 % of Punigloconin, with deviations for each of said components being plus or minus 10%, and less than 1% of flavonoids.

Claims 2-8 (Cancelled)

Claim 9. (Previously Presented) The method according to claim 1 wherein said therapeutically effective dose is in the range of about 1 to 500 mg of said extract per day.

Claim 10. (Previously Presented) The method according to claim 9 wherein said therapeutically effective dose is in the range of about 2 to 200 mg of said extract per day.

Claim 11 (Cancelled)

Claim 12. (Previously Presented) The method according to claim 1 wherein administration of said therapeutically effective dose is begun two to three days before sun exposure.

Claim 13. (Previously Presented) The method according to claim 1 wherein administration of said therapeutically effective dose is begun a week before sun exposure.

Claims 14-16 (Cancelled)

Claim 17. (Previously Presented) The method according to claim 1 wherein rutin species of flavonoids are present in an amount of only 0.0001 to 0.01%.

Claim 18. (Previously Presented) A method according to claim 1 in which said extract is present as a nutritional supplement in the form of liquids, powders, pills or tablets, or confectionery bars.

Claim 19. (Currently Amended) A method according to claim 18, wherein said nutritional supplement is a baked, edible, high protein product comprising a) at least 0.1% of said Emblica officinalis extract, b) a mixture of ~~high~~ protein components, c) flour, d) leavening agent, e) sweetener, and f) water.

Claim 20. (Currently Amended) A method according to claim 19, wherein said nutritional composition further includes a flavor component for imparting a characteristic taste to said nutritional composition selected from the group consisting of water soluble natural ~~or~~ extracts and water soluble artificial extracts, which ~~that~~ include apple, banana, cherry, cinnamon, cranberry, grape, honeydew, honey, kiwi, lemon, lime, orange, peach, peppermint, pineapple, raspberry, tangerine, watermelon, wild cherry and equivalents thereof; being in the overall range of 0.10% to 2.0% by weight of said dry composition.

Claim 21. (Currently Amended) A method according to claim 19, wherein said nutritional composition according to claim 19, further includes a colorant component for imparting a characteristic color to said nutritional composition selected from the group consisting of water soluble natural ~~or~~ dyes and artificial dyes, which are of blue, green, orange, red, violet, and yellow; iron oxide dyes, ultramarine pigments of blue, pink, red, and violet; and equivalents thereof; being in the overall range of 0.10% to 2.0% by weight of said dry composition.

Claim 22. (Currently Amended) A method according to claim 1, further comprising topically administering a sunscreen to the skin of a human subject ~~during~~ for protection from sun exposure.

Claim 23. (Previously Presented) A method according to claim 12, further comprising topically administering a sunscreen to the skin of a human subject during sun exposure.

Claim 24. (Previously Presented) A method according to claim 13, further comprising topically administering a sunscreen to the skin of a human subject during sun exposure.

Claims 25-27 (Cancelled)

Claim 28. (Previously Presented) A method according to claim 22, wherein the sunscreen comprises said standardized extract.

Claim 29. (Previously Presented) A method according to claim 23, wherein the sunscreen comprises said standardized extract.

Claim 30. (Previously Presented) A method according to claim 24, wherein the sunscreen comprises said standardized extract.